Creatine Supplementation

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Why Creatine ?

- Increases performance
- Decreases muscle fatigue
- Increases body weight
- Little if any toxicity

How does it work ?

- Increases regeneration of muscle fuel (ATP).
- Decreases production of acid in the muscle (lactic acid).
- Works best in fast twitch muscle fibers (Type II).

Is it for me ?

- Helps untrained and moderately trained people.
- Not clear if it helps highly trained athletes.
- Improves performance in high intensity, short duration exercises.
- Does not improve endurance performance.

When to use it ?

- Sprinting
- Weight lifting
- Football
- Basketball
- Baseball

How do I take it ?

- 20 grams a day (4 teaspoons) for 5 days, followed by 5 grams a day.
- 5 grams a day.
- Exercise increases creatine concentration.
- A sugar containing juice increases creatine concentration.
- Caffeine decreases creatine concentration

Results...

- 14% improvement in repeated cycling sprints (time).
- Improves total weight lifted during squats and bench presses by 5 to 10%

Any risks?

- Mild fluid retention
- Decreases urine output.
- No evidence of kidney damage
- **Hydrate yourself !**